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*Cooking*

UNITED STATES DEPARTMENT OF AGRICULTURE  
2 U.S. BUREAU OF HOME ECONOMICS //  
50 WASHINGTON, D.C.

3 WHOLE-WHEAT (GRAHAM) FLOUR RECIPES //

Whole-wheat (graham) flour when used in generous amounts adds considerably to the vitamin B<sub>1</sub> (thiamin) and vitamin G (riboflavin) content of the diet, and also provides some of the pellagra-preventing factor (nicotinic acid). Most of the vitamin values of whole-wheat (graham) flour are due to the presence of the germ and bran portion of the grain. Whole-wheat (graham) flour also contains the iron and phosphorus that occur naturally in the outer layers of the grain. Its bran content provides roughage, a certain amount of which is considered desirable in the diet of persons in normal health. Like other grain products, whole-wheat (graham) flour is a good source of food energy and of plant protein.

Whole-Wheat Biscuits  
(1)

3 cups whole-wheat flour	1 cup water, or milk
4 teaspoons baking powder	if available*
1 teaspoon salt	5 to 6 tablespoons fat

Mix the dry ingredients together and cut in the fat. Make a well in the mixture and add the liquid slowly, stirring from the center until a soft dough is formed. For drop biscuits drop the dough by spoonfuls on a baking pan. For cut biscuits place the dough on a lightly floured board and pat out or roll until three-fourths of an inch thick, or knead gently (about 18 strokes) and pat or roll into a sheet three-fourths of an inch thick. Cut into biscuits. Place on a pan and bake in a hot oven for about 15 minutes.

\*Diluted evaporated milk may replace the water; or if dry skim milk is available, mix 1/2 cup with the dry ingredients.



## Whole-Wheat Biscuits (2)

1 cup whole-wheat flour	3 to 4 tablespoons fat
1 cup sifted white flour	$\frac{3}{4}$ cup water, or milk
3 teaspoons baking powder	if available*
$\frac{3}{4}$ teaspoon salt	

Mix the dry ingredients together. Cut in the fat and add liquid to make a soft dough. Place the dough on a lightly floured board, and pat out or roll until one-half or three-fourths of an inch thick; or knead gently, and roll to the desired thickness. Cut into biscuits. Bake on a pan in a hot oven for about 15 minutes.

\*Diluted evaporated milk may replace the water; or if dry skim milk is available, mix  $\frac{1}{2}$  cup with the dry ingredients.

## Whole-Wheat Muffins (1)

1- $\frac{1}{3}$ cups whole-wheat flour	1 egg, beaten
2 teaspoons baking powder	1 cup water, or milk
$\frac{1}{2}$ teaspoon salt	if available*
0 to 2 tablespoons sugar	2 tablespoons fat, melted

Mix the dry ingredients together. Combine the beaten egg, liquid, and melted fat. Add to the dry ingredients all at once; stir just enough to moisten and give the mixture a rough appearance. Fill greased muffin pans two-thirds full. Bake in a hot oven for about 20 minutes.  
Yield: 12 two-inch muffins.

\*Diluted evaporated milk may replace the water; or if dry skim milk is available, mix  $\frac{1}{2}$  cup with the dry ingredients.

## (2)

1 cup whole-wheat flour	1 egg, beaten
1 cup sifted white flour	1 cup water, or milk
3 teaspoons baking powder	if available*
$\frac{3}{4}$ teaspoon salt	2 to 3 tablespoons fat,
0 to 2 tablespoons sugar	melted

Mix the dry ingredients together. Combine the beaten egg, liquid, and melted fat. Add to the dry ingredients all at once; stir just enough to moisten and give the mixture a rough appearance. Fill greased muffin pans two-thirds full. Bake in a hot oven for about 20 minutes.  
Yield: 18 two-inch muffins.

\*Diluted evaporated milk may replace the water; or if dry skim milk is available, mix  $\frac{1}{2}$  cup with the dry ingredients.



## Whole-Wheat Griddlecakes

(1)

1-1/2 cups whole-wheat flour	1 egg, beaten
2-1/2 teaspoons baking powder	1 cup water, or milk
3/4 teaspoon salt	if available*
1 tablespoon sugar	2 tablespoons fat, melted

Mix the dry ingredients together. Combine the beaten egg, liquid, and melted fat. Add gradually to the dry ingredients, stirring only until the batter is smooth. Add more liquid if a thinner griddlecake is desired. Bake the cakes on a hot griddle. Yield: About 14 4-inch cakes.

\*Diluted evaporated milk may replace the water; or if dry skim milk is available, mix 1/2 cup with the dry ingredients.

(2)

1 cup whole-wheat flour	1 egg, beaten
1 cup sifted white flour	1-1/4 cups water, or
3 teaspoons baking powder	milk if available*
1 teaspoon salt	2 tablespoons fat,
1 tablespoon sugar	melted

Mix the dry ingredients. Combine the beaten egg, liquid, and melted fat. Add gradually to the dry ingredients, stirring only until the batter is smooth. Add more liquid if a thinner griddlecake is desired. Bake the cakes on a hot griddle. Yield: About 24 4-inch cakes.

\*Diluted evaporated milk may replace the water; or if dry skim milk is available, mix 1/2 cup with the dry ingredients.

## Steamed Brown Bread

2 cups corn meal	4 teaspoons baking powder
1 cup whole-wheat flour	3/4 cup molasses
1 teaspoon salt	2 cups water
1/4 teaspoon soda	

Mix the dry ingredients together, add the molasses and water. If dry skim milk is available, mix 1 cup with the dry ingredients. Beat the mixture thoroughly, and pour into greased molds until they are about 3/4 full. Cover loosely to keep out the moisture, and steam for 3-1/2 hours. Remove the covers and bake the bread in a moderate oven for about 10 minutes to dry it off. If the bread seems likely to crumble, loop a string around the loaf and cut slices by pulling the ends of the string.





## Whole-Wheat Bread

2-1/2 cups hot water, or	3 teaspoons salt
milk if available*	3 tablespoons fat
1 cake compressed yeast	7 cups whole-wheat flour
4 tablespoons brown sugar	

Straight-dough method. Measure 1/2 cup of the hot liquid and when lukewarm add to the yeast. To the remaining hot liquid add the sugar, salt, and fat. When lukewarm add the softened yeast and the flour and mix until a dough is formed. Knead gently on a lightly floured board until smooth and elastic, place in a greased bowl, rub a little fat over the top of the dough and cover. Allow to rise in a warm place until double in bulk. Punch down lightly and let rise until almost double in bulk. Cut and mold the dough into loaves, place in greased pans, rub fat lightly on the tops of the loaves, and cover. Let rise until nearly double in bulk. Bake round loaves for 50 to 60 minutes in a moderately hot oven for 15 minutes, then reduce to moderate.

Sponge method. Use 1 cake of dry yeast. Break the yeast cake and soak in lukewarm liquid until soft. Mix the cooled liquid and the softened yeast, and one-half of the flour and let stand to rise overnight at ordinary room temperature. When the sponge is light stir it well and add the salt, sugar, the melted fat and the remainder of the flour to make a dough. After the dough is mixed it is handled in the same way as in the straight-dough method. Yield: 3 1-pound loaves.

\*Diluted evaporated milk may replace the water in the recipe; or if dry skim milk is available, mix 1-3/4 cups with the flour and increase the water to 3 cups.

## Whole-Wheat Butterscotch Raisin Bread

1 egg, beaten	3 teaspoons baking powder
1/2 to 1 cup brown sugar	1/2 teaspoon salt
1 tablespoon melted fat	1 cup water, or milk if available*
2 cups whole-wheat flour	1/2 to 1 cup raisins

Mix egg, sugar, and fat and beat well together. Mix flour, baking powder, and salt together and add to egg mixture alternately with liquid. Add raisins. Pour into greased loaf pan and bake in moderate oven 50 to 55 minutes. Yield: 1 1-pound loaf.

\*Diluted evaporated milk may replace the water; or if dry skim milk is available, mix 1/2 cup with the dry ingredients.



## Whole-Wheat Peanut Butter Bread

2 cups whole-wheat flour	1/2 cup peanut butter
4 teaspoons baking powder	1-1/3 cups water, or milk
1 teaspoon salt	if available*
1/4 cup sugar	

Mix dry ingredients together. Rub in peanut butter with fingertips, or cut in with fork, until mixture looks crumbly. Add water. Stir well, mixing only until flour is thoroughly moistened. Pour into greased loaf pan. Let stand 20 minutes. Bake 1 hour in moderate oven.  
Yield: 1 1-pound loaf.

\*Diluted evaporated milk may replace the water; or if dry skim milk is available, mix 1/2 cup with the dry ingredients.

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